

ABSTRACT

A titration package and method for enabling compliance with a regime of changing dosage of medication over a period 5 of time includes a backing having an array of receivers with the array including a plurality of columns and a plurality of rows. A plurality of sets of tablets are provided with each tablet in set having a common dose of medication and a different dose than a tablet of a different set. Each set of 10 tablets is disposed in receivers of one having an adjacent row and an adjacent column. Indicia is provided and disposed adjacent to the columns and rows for displaying common days and successive weeks.